

WISHING WELL 2

Sunday, September 22, 2019

Gene's Notes

Our own self-realization is the greatest service we can render the world

— Ramana Maharshi

The Mudras and Mesas that we have been working with:

- The elements -- mudras for that there is the creation sequence, the breaking down sequence, the ayurvedic sequence
 - o Interestingly, Yogananda describes the sequence of moving up the spine with the elements in order to facilitate Kundalini rising, and that is the reverse of the Ayurvedic sequence
 - o Earth/coccyx, water/sacrum, fire /lumbar, air/thoracic, and ether/cervical allows the prana to rise up to the pineal and the vertex of the head
- The first mesa is the mesa of Respect, which consists of
 - o Enterprise
 - o Love and light
 - o Integrity
 - o Justice
- Then the mesa of Healing:
 - o Forgiveness
 - o Acceptance
 - o Ruthless love
 - o Surrender
- Above that comes the mesa of Love:
 - o Gratitude
 - o Generosity
 - o Opportunity
 - o Sustained effort
 - o Unbending intent
- The mesa above that, the actual Wishing Well.
 - o Ray of light
 - o Reflecting pool
 - o Constellations
 - o Universe above
 - o And the 9 stations

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- Above the Wishing Well is the mesa of The Mother:
 - o Loving kindness
 - o Ease
 - o Peace
- The expanded version includes:
 - o Comfort
 - o Correction

- Above this, the mesa of Grace, which consists of:
 - o backing and protection
 - o Guidance
 - o Caring
 - o Companionship

- Above that is the mesa of The Fruit, which includes:
 - o Friendliness
 - o Compassion
 - o Joy at others' success
 - o Equanimity
 - o Santosh (Contentment)

- The mesa of Liberation (this will be taught to us in the future)

- The Malas in the Wishing Well

- The mudra of Communication

Session Notes Taken From Skype Recording

Meditation: Allow gravity to help create space between each and every body part.

We are here to incandesce with love. Put love in the driver's seat.

Gene is requesting that the mudra cards be accompanied by an explanation page.

- Start with basic mudra sets and then move into the mudras and mesas listed above in Gene's notes.